

THE SEATTLE DEPARTMENT OF PARKS AND RECREATION PRESENTS:

THE 20TH ANNUAL EMERALD CITY OPEN WATER SWIM

Saturday, August 21, 2004 at 9:00am

Andrew's Bay, Lake Washington (Seward Park)



- Sign up for the ½ mile straight course or the 1 mile triangle course. The ½ mile event will begin at 9am sharp with the 1 mile course immediately following. There is a 30 minute time limit for the ½ mile event and a 1 hour limit for the mile event.
- Each swimmer will receive a specially designed, commemorative swim cap and T-shirt. Awards will be given to top overall male and female, top age group male and female, and top overall male and female in wet suit division.
- Wetsuits will be allowed, but swimmers wearing them won't be eligible for age group prizes.
- Post race refreshments and hot drinks will be available for swimmers.
- Certified lifeguards will be in the water to supervise the swim. Swimmers 17 and under must have parental approval to participate. Minimum age is 10 years.
- DIRECTIONS: Take the Swift/Albro Exit off I-5 and head east up South Graham Street. At the top of the hill take a left onto Beacon Ave. South. Take a right on S. Orcas Street. Follow S. Orcas eastbound until you reach Lake Washington Boulevard. Seward Park is directly in front of you. Parking lot space is limited. Additional parking directly up hill from lower parking lot.
- Visit our web site at www.cityofseattle.net/parks/. For additional information call 684-4766. TDD Only 233-7061 (Persons with disabilities will be accommodated upon request.) Send e-mail comments and questions to kristen.schuler@seattle.gov
- **PARKING:** The lower lot fills quickly. Drive up the hill within the park to access upper lot for additional parking.

Fill out entry form COMPLETELY--- Please PRINT clearly--- Copies okay --- ONE entrant per form

1 MILE ☐

½ MILE ☐

EMERALD CITY OPEN WATER SWIM

Last Name	MI	First Name
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Street Address

City	State	Zip Code
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Day Phone	Evening Phone
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E-mail address	Date of Birth	Age on 8/23	Sex
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DIVISIONS:	MALE <input type="checkbox"/>	FEMALE <input type="checkbox"/>	WETSUIT <input type="checkbox"/>	not eligible for age group prizes
AGE GROUPS:				
10-12 <input type="checkbox"/>	25-29 <input type="checkbox"/>	45-49 <input type="checkbox"/>	70-79 <input type="checkbox"/>	
13-15 <input type="checkbox"/>	30-34 <input type="checkbox"/>	50-54 <input type="checkbox"/>	80 & up <input type="checkbox"/>	
16-19 <input type="checkbox"/>	35-39 <input type="checkbox"/>	55-59 <input type="checkbox"/>		
20-24 <input type="checkbox"/>	40-44 <input type="checkbox"/>	60-69 <input type="checkbox"/>		

NON REFUNDABLE ENTRY FEE

EARLY REGISTRATION
(BY MAIL ONLY)

Youth 10-18yrs \$15
Adult 19 & up \$20

Mail in entries must be postmarked no later than 8/14/04.

SAVE MONEY with early registration!

Make checks payable to:
Garfield Advisory Council

Mail to: Medgar Evers Pool
Attn: Kristen Schuler
500 23rd Ave.
Seattle, WA 98122

LATE REGISTRATION (DAY OF RACE)

Youth 10-18yrs \$25
Adult 19 & up \$30

T- Shirt Size (Adult sizes only)

<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> L	<input type="checkbox"/> XL
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Release: In consideration of the acceptance by sponsors of my entry in the Emerald City Open Water Swim, I will not hold the City of Seattle or the Department of Parks and Recreation or any employees or volunteers associated with the Emerald City Open Water Swim responsible for any injuries, damage, or personal loss incurred while participation in said program. I am aware of the hazards in open water swimming, including potential for hypothermia. I attest and verify that, to the best of my knowledge, my physical condition and fitness are adequate for me to safely compete in the open water swim, and that no physician or other qualified individual has advised me against competing in any portion of the Seattle Department of Parks and Recreation, Emerald City Open Water Swim.

ENTRY FEES ARE NOT REFUNDABLE

Signature _____ Parent/Guardian Signature _____
(Participant-Swimmer) (date) (If participant is under 18 years of age) (date)